

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02054, Capers, canned

Report Date: October 27, 2015 03:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	83.85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Energy	kcal	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1994
Energy	kJ	96	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Protein	g	2.36	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Total lipid (fat)	g	0.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Ash	g	8.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Carbohydrate, by difference	g	4.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1998
Fiber, total dietary	g	3.2	--	0.360	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Sugars, total	g	0.41	--	--	--	--	--	--	--	--	Calculated or imputed	02011	02/2003
Minerals													
Calcium, Ca	mg	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.67	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Magnesium, Mg	mg	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Phosphorus, P	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Potassium, K	mg	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Sodium, Na	mg	2348	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2014
Zinc, Zn	mg	0.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Copper, Cu	mg	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Manganese, Mn	mg	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Selenium, Se	µg	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	4.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Riboflavin	mg	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Niacin	mg	0.652	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Pantothenic acid	mg	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Vitamin B-6	mg	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Folate, total	µg	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Folate, DFE	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Choline, total	mg	6.5	--	--	--	--	--	--	--	--	Calculated or imputed	02011	11/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/1994
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE ¹	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin A, IU ¹	IU	138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02011	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02011	02/2003
Vitamin E (alpha-tocopherol)	mg	0.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	24.6	--	--	--	--	--	--	--	--	Calculated or imputed	02011	02/2003

Lipids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
16:0	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:0	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Fatty acids, total monounsaturated	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
18:1 undifferentiated	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
20:1	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Fatty acids, total polyunsaturated	g	0.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:2 undifferentiated	g	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:3 undifferentiated	g	0.183	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
20:4 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1994
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1994
Phytosterols	mg	48	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1994
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2001
Flavonoids													
Flavonols													
Kaempferol ^{2 3}	mg	131.33	--	12.12	59.49	247.97	--	--	--	--	--	--	--
Quercetin ^{2 3}	mg	172.55	--	26.48	45.04	519.84	--	--	--	--	--	--	--

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD

²Antonen, M. J. and Karjalainen, R. O. High-performance liquid chromatography analysis of black currant (*Ribes nigrum L.*) fruit phenolics grown either conventionally or organically., 2006 J. Agric. Food Chem. 54 pp.7530-7538

³Inocencio, C., Rivera, D., Alcaraz, F., and Tomás-Barberán, F. A. Flavonoid content of commercial capers (*Capparis spinosa*, *C. sicula* and *C. orientalis*) produced in Mediterranean countries., 2000 Eur. Food Res. Technol 212 pp.70-74